

## Football Performance (Level 5)

Glasgow Clyde College

### Venues

Cardonald Campus

### Content

Is football your passion? On this course, you'll study, train and play like a professional. It's 90% football-based and 10% theory, and focuses on improving and developing your technical abilities, your tactical game understanding and knowledge as well as your physical condition.

You'll improve and develop fitness aspects such as strength, power, flexibility, agility, muscular endurance, cardiovascular endurance and speed - and there's also a chance to play competitive games with other colleges and receive weekly coaching sessions from Celtic Soccer Academy coaches.

Units can include:

Sporting activity football; Technical and tactical within team training sessions; Sporting activity: an introduction; Health analysis, football preparation; Sports conditioning for footballers; Individual player development programme (IPDP); Football, health and wellbeing.

### Start Date

August

### Qualification

NQ

### Study Method

Full time

### Course Length

18 weeks

### Department

Sport and Fitness

### Entry Requirements

3 subjects at National 4. Interview.

You will require a satisfactory criminal record check from Disclosure Scotland to show that you are suitable for this type of course. Contact Disclosure Scotland for details on the type you would need.

## SCQF Level

5

## SCQF Points

«SCQFPoints»

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

«Address»

## Website

www.glasgowclyde.ac.uk